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ABSTRACT

This book provides concrete information and step-by-step exercises to help student athletes succeed in college and make a successful transition to the world beyond college. The book is divided into 14 units containing some or all the following elements: goals; reading materials accompanying review questions; exercises; a unit recap; unit review questions; vocabulary terms; and references. The following are among the topics covered in the units: transitions (transitions and stress, coping mechanisms); sport retirement; athletic identity (defining "exclusive athletic identity" and understanding identity foreclosure); values exploration (values clarification, lifestyle values, work values); personality and interests (the ideal career, self-assessment, formal assessment devices); skills (transferable skills, motivated skills, adaptive skills); goal setting; communication skills; effective decision making; career exploration; networking and informational interviews; resumes and cover letters; job interviews; and future planning. Appended are the following: examples of sport-related occupations; information about the System of Interactive Guidance and Information (SIGI), System of Interactive Guidance and Information Plus (SIGI Plus) and Discover computer-assisted career guidance systems; and career-related Web sites and sport-related job listings on Web sites. (Contains 32 additional career resources.) (MN)

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